



Wellbeing and Education

How to Stay Mentally Fit!

These tips are for all State Cup players and staff to help stay healthy during these uncertain times with the COVID – 19 Pandemic.



1. **Control the controllables**
2. **Stay structured and remember self care**
3. **Know your strengths and values**
4. **Worry is normal – choose helpful worry strategies**
5. **Focus on short-term goals**
6. **Stay connected**
7. **Practice gratitude**
8. **Stay informed (within reason!)**
9. **Seek help if needed:**
 - » **Your Wellbeing Manager**
 - » **Your Psychologist**
 - » **Benestar Confidential Counselling Service**
 - T 1300 360 364**

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